

# FOSSICKIN' ROUND

THE VICTORIAN SEEKERS CLUB BI-MONTHLY NEWSLETTER

Vol. 38 issue 1

January/February 2017

**139 oz nugget  
found in Victoria**



**Inside This Issue**



**Anja's 44g specimen**

**Moliagul Camp Report  
Talbot Camp Report  
Moonambel Camp Report  
Recent Gold Finds  
Mosquitoes - What's the Big Buzz?  
Be Safe in the Sun**



### The Victorian Seekers Club Inc. (A0001477T)

Is a family oriented organization, the objectives of which are to promote friendship, cooperation and exchange of ideas among people interested in prospecting and metal detecting. To realize these aims, we have meetings, lectures, discussions and practical demonstrations to help members acquire the skills required to make prospecting and metal detecting an enjoyable and rewarding pastime. We arrange outings to the goldfields and other prospecting sites, beaches, camps, ghost towns etc, to search for gold, coins, relics, gemstones and other natural and man made objects of value and / or of interest. In addition, we also have functions to foster social contacts among members. Our conduct is governed by a strict code of ethics including avoiding trespassing on private property or damaging the natural environment, hence our motto:

**"Seek, But Do Not Destroy"**

Membership is open to adult persons and their minor children without regard to race, creed or political persuasion, who are interested in these pursuits and prepared to abide by our Constitution and Rules of Conduct. VSC has general meetings on the first Wednesday of each month (except January) at the Mulgrave Senior Citizens and Community Centre, 355 Wellington Road Mulgrave, and at a field trip each month and, in addition, we also have some occasional day outing.

#### Annual Membership Fees

**Family Membership: \$65.00**

**Single Membership: \$40.00**

**One-off joining fee: \$10.00 single, \$20.00 family.**

**Subscriptions are due and payable from the 1<sup>st</sup> of July each year.**

Members whose current subscription are in arrears on the first day of September shall automatically cease to be members and can only be re-admitted upon payment of both the annual subscription and a joining fee.

Website: [www.victorianseekersclub.com.au](http://www.victorianseekersclub.com.au)

email: [eric.grummett@bigpond.com](mailto:eric.grummett@bigpond.com)

PO Box 15, Mt Waverley BC, VIC 3149

**Committee of Management**

## Events Calendar

### January

No General Meeting.

**Thurs. 26th - Tues. 31st** Camp Amherst

### February

**Wed. 1st:** General Meeting.

**Thurs. 9th - Tues. 14th:** Camp Goldsbrough

**Sat. 25th:** Gold Panning Championships Blackwood

### March

**Wed. 1st:** General Meeting.

**Thurs. 9th - Tues. 14th:** Camp Wedderburn

### April

**Wed. 5th:** General Meeting.

**Thurs. 13th - Tues. 18th:** Camp Fryerstown

### May

**Wed. 3rd:** General Meeting.

**Thurs. 18th - Tues. 23th:** Camp TBA

### June

**Wed. 7th:** General Meeting.

**Thurs. 8th - Tues. 13th:** Camp TBA

- **Battery Repair**  
*Including the Minelab GPX Li-ion battery*  
10% discount for VSC members
- **Replacement Batteries**  
*For a wide range of devices.*



- **Solar Panel Kits**
- **Batteries**
- **Accessories**



**Hye Trading Power P/L**  
Unit 5, 35 Lacey Street  
Croydon Vic., 3136  
T (03) 9725 1822  
M 0407 021 966 (John)  
email: [sales@hye.com.au](mailto:sales@hye.com.au)  
[www.hye.com.au](http://www.hye.com.au)

# President's Report

Happy New Year to one and all!

by Lindsay Tricker

This time last year the club was in a quandary regarding Parks Victoria's decision to charge the club a fee of about \$120 for the issue of each permit to camp in areas under their control. This escalated to the ludicrous stage where we received a written notice informing our secretary that as we were not permitted by law to detect in the majority of the places we sort to camp in, they would not be issuing any permits to us. It was obvious that the person writing the letter was not conversant with the current regulations and decisions made by Government. I am happy to report that when this was pointed out by other managers within Parks Victoria, the permits section capitulated and informed us in essence that we will not be required to pay for permits in the future. One of the good things which came out of this early uncertainty was the work done by Eric to find an alternative place to hold the Easter camp at Fryerstown. This led to the finding of the disused Fryerstown cricket ground which we were able to hire at a modest fee. This ground proved ideal and we will certainly be utilised in the future for our large Easter camp.

At the time of writing, (prior to Christmas), there have already been three total fire bans in the northern area of our State. The very wet Spring has resulted in strong grass and under-story vegetation growth within the forests of the gold fields. As a result the club policy is that no camp-fires will be lit on our camps at any time until possibly next Easter. Should early cold conditions occur at an intervening camp then a decision will be made by senior committee members present at the camp as to whether or not it is safe to have a small fire lit for warmth. Remember that a fire must never be left un-attended at any time. If there is no one left in camp who is prepared to remain with the fire, it must be extinguished with water.

I trust 2017 will be a happy, healthy and safe year for all members. Lindsay.

## New Members

- Bakx Paul & Lisa
- Griffin Paul & Pam

*Welcome and Good Luck!*

## AUSTRALIAN GOLDFANNING CHAMPIONSHIPS



**25rd February  
Cricket ground,  
Blackwood  
Great Prizes to be won**

6 categories of panning  
Get a VSC team together!

For details contact Marcus Binks  
0418 474 427

## Vale Beryl Douglas

Older members of our club were saddened to hear of the passing of Beryl Douglas who died suddenly on Thursday 5<sup>th</sup> Jan. She had a fall or stroke which triggered a heart attack, passing away later in hospital. Beryl suffered for some time with osteoarthritis which greatly restricted her movements.

Beryl and John were valuable members of our club, serving many years on the committee for which a life membership was awarded to them for their services. Beryl who was 86 years old, enjoyed a very close relationship with her family.

A heartfelt condolences to John and family, from the Seekers club for their sudden loss of a loved one.

## CARAC Caravan Accessories

FOR ALL YOUR CARAVAN & TRAILER PARTS & ACCESSORIES



Your experts in all things RV! With over 40 years in the industry



Victorian Seekers Club members receive bonus reward points to use in store as part of our loyalty card program upon signing up.

Your experts in servicing & fittings

2 Zenith Rd, Dandenong South VIC 3175 | Ph: (03) 9794 7977  
sales@carac.com.au | www.carac.com.au

WE ARE PROUD STOCKISTS OF THE FOLLOWING BRANDS





# General Meetings

By Eric Grummett

At the November meeting it was congratulations all around for two of our members who were voted into executive positions on the PMAV committee at the AGM held recently at Rawson. Joining the PMAV committee for the first time is Raeleen Harper as Vice President and for a second term is Jim Darragh as Treasurer. As they are passionate about the rights of prospectors and their access to the goldfields, I'm sure that they will carry out their roles in the true spirit of the PMAV.

Raeleen spoke at the meeting about the threat of the National Parks Association (a green lobby group who the bureaucrats in government listen to) who are proposing to pressure them to change the status of the State Forests in the Golden Triangle to State Parks. If that were to happen, then we will probably end up like NSW and Queensland who only have very limited access to their goldfields. All prospectors need to stand by for action on this issue.

The Find of Month was won by Brian McGough for his nice 23gm nugget found recently in WA.

We finally got around to judging the Find of Year for 2015/16 taken from the Find of Months. Lindsay took the honors with his 18gram Harvest Dam nugget.

After the meeting, Ian presented part 1 of a video on the cause and effects of bush fires in Australia. It was so informative we had part 2 at the December meeting.

Find of month for December was Paul Hart with an antique butterfly brooch beautifully decorated with colored stones (sapphires of course). Colin from the Miners Den talked about the new Minelab Pro-Sonic wireless audio system and the new GPZ 19" coil. Thanks to Minelab for

their generous donation of a Prospecting panning Kit, a CC pick, and a detector box cover. These will go towards raffle prizes.

For the February meeting we will be having a video showing the operation of the current mining lease at the Poseidon Lead in Tarnagulla, where some huge nuggets have been found in recent months.

In March I have Dr Geoff Crawford coming along to talk about the side business he has of cleaning out properties of possessions (usually diseased estates), and the realization of values and disposal. Many of us hoarders could do with a visit from him. Geoff is the brother of the late Bluey Crawford, a former member, in whose honour we present a trophy we each year for the most tokens found at our Christmas breakup.

## Find of the Month: November

Brian McG.  
*Nugget 23g.*



## Find of the Month: December

Paul H.  
*Broach*



## Find of the Year:

Lindsay T.  
*Nugget 18g.*





**EVERYTHING FOR THE RECREATIONAL & EXPERIENCED PROSPECTOR**

TALK TO US ABOUT YOUR PROSPECTING AND CAMPING NEEDS

WE NOW SUPPLY A FULL RANGE OF TRAILERS, PARTS AND ACCESSORIES TO SUIT MOST TRAILERS AND CARAVANS. INCLUDING LED LIGHTING, SOLAR SYSTEMS, AND A RANGE OF CAMPING ACCESSORIES.

OPEN 7 DAYS 8.30 - 5.00

6 DRIVE IN CRT  
MARYBOROUGH  
PH. 03 5460 4700

WWW.COILTEK.COM.AU COILTEK@NEX.NET.AU



The entries for Find of the Year



Eric G. addressing the members at the November meeting.

## CC Picks




"pound for pound the worlds best pick"

www.cc Picks.com.au  
trade enquiries: 0416 217 189  
office: 03 5985 9622  
fax: 03 5985 9622  
email: craig@cc Picks.com.au

Wing shape design

Spring steel heat treated to 48-49 rockwell c

All Australian hardwood handle



Single piece of tempered spring steel (no weak welded joints)

Heavy gauge 3.4mm handle spligot

**30 day money back guarantee**

- 4, 5 & 6 mm picks heads
- Australian design, materials and manufacture
- Innovative design (patented design)
- Single piece, industrial strength heat treated spring steel
- 4 unique models

Name of pick	Weight	Head thickness	Handle length
Discoverer	1350gm	6mm	900mm
Prospector	950gm	5mm	750mm
Faith	500gm	4mm	600mm
Jewel	450gm	4mm	450mm



**Pound for pound, the world's best pick**  
Available from prospecting shops  
www.cc Picks.com.au



Colin from the Miners Den talked about the new 19" coil for the Minelab GPZ 7000.



# November Camp Report

## Moliagul

*By Lindsay Tricker*

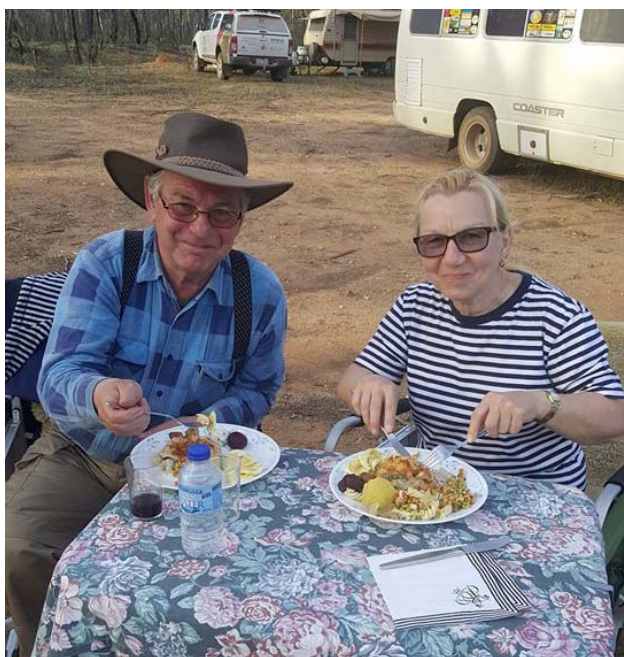
*Photos by*

The Melbourne Cup long week end camp was attended by about 50 members.

A lovely camp fire provided the perfect setting for the Saturday night roast chicken dinner provided by the club. Thanks to Warren, the roast chickens arrived at 6pm and a lovely array of salads and sweets filled the club's gazebo.

After the meal, (which included ice-cream), two raffles were conducted. A special raffle organised and run by Peter Maffey which had as its main prize author Doug Stone's latest book on detecting for coins and relic which he signed and kindly donated to the club. Other items included in the prize was a donated two-way radio incorporating a GPS, plus a bottle of Champagne. This raffle raised over \$120 and was won by Craig Webb. A big thank-you to the donors and to Peter Maffey. Our hard working social secretaries Tina and Sue also created a record with the normal camp raffle taking over \$200. Thank you ladies!

Thanks must also go to Lars who once again ran four separate Melbourne Cup sweeps. The various winners are too numerous to mention – suffice to say that some members had uncanny luck.



Peter & Gisela Grasser enjoying the Melbourne cup meal.

The Sunday morning treasure-hunt was won by Eric Grummett.

This large and pleasant camp-site was only marred by the swarms of mosquitoes which had reached plague proportions due to the recent flooding rains which had filled the old timer's dig holes enabling the mosquitoes to breed up. It was strange to see people walking around camp through-out the day wearing fly nets. Quite a few members left camp for home early due to the mosquitoes.

Some nice gold was found – mostly small nuggets. The only incident to report was that Ron Hollis who normally arrives at camp early, became unwell and drove himself to hospital where he was admitted over-night with irregular and racing heart beat. He returned to camp for the cup festivities and took things easy from then on.

See you all at the next camp at Talbot.



Sue H. & Tina W. organizing the club raffle.





Warren with a big smile.



Ron H. joining the camp scene.



Don't get lost in the bush, Bruce.  
We'll never find you!



Alistairs 10gram nugget.



Lars running the Melbourne Cup Sweepstakes.



Francios & Francine.



Evening mealtime at the Moliagul Camp.



# November Camp Report

## Talbot

*By Sue H. and Tina W.*

Graeme & I arrived on the Wednesday afternoon to find three vans already present with many to follow later that day. There was a total of about 30 plus members present for this outing plus one or two day visitors.

Weather was initially mild but then climbed to gradually to reach 36 degrees on Monday before a welcomed cool change and patchy rain developed leaving our return home more pleasant.

Socially about 23 members dined at the Talbot Pub on Saturday night and on the Sunday many attended the Talbot Farmers Market where many a bargain could be found.

Sunday evening the raffle was held around the van of Geoff and Kaye and as usual many a laugh and story was told.

Many thanks to those who assisted in collecting firewood for the camp fire which unfortunately did not eventuate due to increase in the temperature.

Many thanks also for donations in the raffle.

Overall I believe the outing went off without any major mishaps however I did here that Graeme H tried detecting over a black snake (think it was snoozing). Gold was found by many of the diligent members who went out early even on the hot days.



Alistair & Anja's 26 grams of nuggets.



Frank trying to get Gina to smile, but no luck



Members gathered around Geoff & Kay's caravan at the end of the day..



Now here's a happy man.  
Craig W. cooking the dinner.



Peter drawing out the raffle winners.



Vic Seekers members having dinner at the Talbot Pub



# Christmas Camp Report

## Moonambel

*By Shirley S.*

The Seekers Club Christmas New Year Camp was held at the Moonambel Community Recreation Ground from 23 December 2016 to 3 January 2017 with 29 members in attendance. What a great facility and the amenities were fantastic, set in a picturesque location 22 kilometres from Avoca.

I am sure Santa managed to find some prospectors who celebrated Christmas at the camp. The weather for the first few days was very hot and humid. However, just before New Year the cool change came through and what a difference in temperature, this made for great detecting weather, cool breeze, no flies or mosquitoes it was just perfect.

Congratulations to Jimmy one of our new members who found his first nugget, which will inspire him to keep at it. Most prospectors found some gold with several larger pieces of treasure being found, 44, 19, 12, 6.5 grams being some of the larger pieces.

On a different subject, funny for some but not for another, it's hard to believe that a 7ft giant of a man Ralf could be brought to his knees by one small bull ant, who found a nugget, alas it was not gold, not much fun for Ralph being bitten on the family jewels? A reminder once again to one and all, be prepared for any event when out in the bush.

New Year celebrations were held in style in the air-conditioned pavilion at the camp ground, tables were set, members sat and enjoyed their evening meal together, shared some tasty pasties and desert

provided by club members. A few hardy souls continued on into the evening and welcomed in 2017.

Laurie's New Year got off to a good start when he found a 6.5 gram nugget, this was the only nugget found on New Year's Day and is the largest nugget Laurie has found since re-joining the club two years ago.

Wishing you all a wonderful, healthy, happy 2017, good luck prospecting and look forward to catching up with everyone at the next camp to be held at Amherst over the Australia Day weekend.



Frank & Gina's 19 & 6 gram nuggets.



Laurie's "Teddy Bear" 6.5 gram nugget.



Anja's 44 gram specie.



Peter S.'s 12 gram nugget.



# Safety in the Bush

## Calling 000 from a mobile phone: FAQs



For more information go to: <http://www.acma.gov.au/theACMA/calling-the-emergency-call-service-from-a-mobile-phone--faqs>

### Is calling Triple Zero (000) from a mobile phone reliable?

Mobile phones enable individuals to call the Emergency Call Service from most places in Australia. However, the nature of mobile handsets and mobile networks means that in some circumstances these calls are not as reliable as calls from the fixed network.

Problems that may be experienced when making a call from a mobile phone to the Emergency Call Service include:

- bad reception, making it difficult for the emergency service operators to understand the caller a remote location may result in limited or no network coverage being available
- running out of battery and
- a lack of precise location information about the call.

Special roaming capabilities of mobile phones when calling 000 mean that when you are out of your service provider's coverage area but are in another carrier's mobile phone network coverage area, your call will be carried on the other carrier's network. However, it is important to realise that if there is no mobile coverage, you will not be able to reach the Emergency Call Service via a mobile phone, and alternative devices, such as personal location beacons (PLBs) should be considered. PLBs are equipped to send a distress signal with location details on a dedicated radio frequency that communicates with Search and Rescue operators.

If you do not know your exact location, using the **Emergency+** smartphone app to call Triple Zero (000) can assist. The app provides you with your GPS co-ordinates which you can tell

the emergency call-taker, allowing them to pinpoint your location. The Emergency+ app is available to download free of charge from [emergencyapp.triplezero.gov.au](http://emergencyapp.triplezero.gov.au).

### How will the operator know where I am, if I call Triple Zero (000) from a mobile phone?

When calling Triple Zero from a mobile phone you should be prepared to provide as much information as possible to emergency service operators about the location of the emergency.

Some information about your location is provided to the operator when you call Triple Zero from a mobile phone. However, the accuracy of this information can be affected by factors such as obstructions to mobile reception or the number of mobile phone towers nearby. It should be noted that mobile location will only be possible where network coverage is present.

The Emergency+ smartphone app addresses this issue by using your smartphone's GPS functionality to provide your exact location which you can verbally provide to the emergency call-taker. The Emergency+ app is available to download free of charge from [emergencyapp.triplezero.gov.au](http://emergencyapp.triplezero.gov.au).

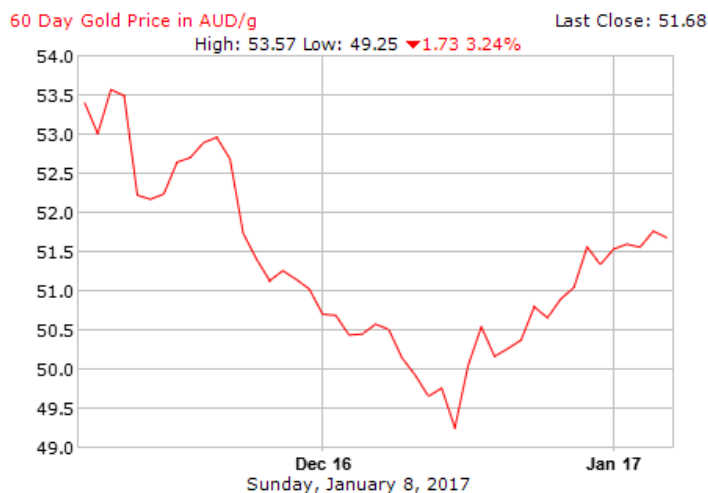
It would be advisable for people travelling into areas where mobile coverage may be poor or unavailable, to investigate carrying an alternative personal safety device. In remote areas, for example, a Personal Locator Beacon (or EPIRB - Emergency Position-Indicating Radio Beacon) may be a suitable option.

### If I have GPS on my phone can emergency services use that to locate me?

Australia's mobile networks cannot automatically transmit GPS data from a handset to an emergency service call-taker at present. If you do have a GPS enabled handset, you can however verbally convey your estimated geographic position to emergency services as this may assist them to locate you.

Using the Emergency+ smartphone app to call Triple Zero means you don't have to know how to find the [relevant GPS data on your phone](#). The app presents your location on your screen automatically, so you can provide it verbally to the emergency call-taker. When activated, the built-in accessibility features will describe aloud what appears on-screen, so you can use the app without seeing it.

## Gold Price





*Minelab have recently released a wireless audio system similar to the one that comes with the GPZ 7000, however this one is suitable for all detectors. The following is an extract from the Minelab promotional material. (Editor).*

## GO WIRELESS!

The **PRO-SONIC** wireless audio system generates audio using advanced wireless technology to achieve clear sound with minimal perceivable time delay.

The PRO-SONIC Receive Module features an internal loudspeaker and a 6.35mm (1/4") headphone socket for use with your choice of headphones. It can be attached to your harness or clothing using the metal belt clip.

Features:

- Use headphones or built-in speaker
  - Adjustable volume setting
  - 10 m / 32-feet operating range
  - SDC 2300 adaptor cable included
  - Charge from your car, AC power or USB charger
- Compatible with any detector!

The PRO-SONIC Transmit Module sends out low-power (mW) radio waves using the ISM frequency band (2.402 – 2.480GHz). The PRO-SONIC Receive Module senses these signals and establishes a piconet communication network with the Transmit Module, using frequency hopping to eliminate interference from other wireless devices.

The PRO-SONIC system contains everything you need for clear, fast, wireless audio.



The new Pro-Sonic from Minelab offers a wireless audio connection between you and your detector.



## Stawell gold mine in Victoria to close, up to 150 jobs on the line

By Stephen Martin, Nabila Petrucci and Bridget Judd

**Up to 150 jobs will be made redundant, after Kirkland Lake Gold announced it would cease underground mining at Stawell — Victoria's largest gold mine.**

The company said the decision to suspend operations and transition into a care and maintenance phase had been under discussion for "some years" due to declining profitability.

"In 2009 Stawell Gold Mines produced more than 86,000 ounces of gold, compared with just over 32,000 ounces this year," president of Australian operations, Darren Hall, said in a statement.

Mr Hall said that as far back as 2012, Stawell Gold Mines (SGM) had informed the community that it would be transitioning, due to declining gold production.

"That transition began with a restructure of operations and a major downsizing of the workforce," he said.



## Doug Stone *Gold Maps*

Australia's leading books on gold prospecting and goldfields maps.

Doug's latest book has just been released - "Coin & Relic Detecting in Australia" which is the companion to Doug's popular "Metal Detecting for Gold in Australia".

[www.dougstonegoldmaps.com.au](http://www.dougstonegoldmaps.com.au)



## Recent Gold Finds



A large nugget over 4.3 kilo (around 139 troy ounces) was found recently (early December 2016) on a private claim. This picture below was taken by Coiltek at Maryborough.



10oz nugget - Dunolly



A 22.9 oz nugget from Western Australia.

The entire contents of this newsletter is protected by copyright. No part may be re-produced by any means without written permission from the VSC committee.




# GPZ 7000

The Future of Gold Detection

Get the GPZ Depth Advantage

Find more GOLD and DEEPER!

To find out more about the Minelab range of detectors

**Phone 1800 637 786**

**Or visit [www.minelab.com](http://www.minelab.com)**

*World's Best Metal Detection Technologies*

## World's best Minelab detector upgrades and modifications.

We now provide the latest upgrades to all Minelab Pulse-Induction detectors. Light-weight battery systems, high quality boosters, and clip-on speakers are now available for all models.

New upgraded headphone inserts can be installed in your old headphones, the sound difference increases the response from both small and deep gold.

P 03 9766 0430

E [detectormods@gmail.com](mailto:detectormods@gmail.com)

**DETECTORMODS**  
[detectormods.com](http://detectormods.com)







A 346g nugget that was found in early December in Victoria with a Minelab GPZ 7000 and a 19" coil. Before it was dug out, a GPX 5000 with a Coiltek 18" Elite coil was run over the target. It could be heard when you knew it was there but it was not a noise that you would investigate. The GPZ 7000 showed that there was a distinct target there. The nugget was just over 60cm down. Below: The nugget as dug out of the ground. *Source BPC.*



252g of Nuggets found in NSW.  
Note the crystalline structure in 3 of the nuggets.

## Newsletter Contributions

The next Newsletter deadline is the 20th February. It will be then Published on the 25th February. You can send articles (in Word or Publisher Files please) and photos to [Ian@regentvideo.com.au](mailto:Ian@regentvideo.com.au). A big thanks to all those who have contributed items to the Newsletter.

### COILTEK'S NEW ELITE INNOVATION.

The Elite Series of Mono coils give your SD, GP and GPX detectors a new lease on life. More sensitive, more depth! Go grab yourself a new Coiltek Elite Mono metal detector coil!

17 x 11" Elite

14" Elite

11" Elite

18" Elite

**COILTEK®**  
5 Mengel Court,  
Salisbury South, SA  
T +61 8 8283 0222  
[ctmenquiry@coiltek.com.au](mailto:ctmenquiry@coiltek.com.au)

We provide a full  
2 year warranty  
on all of our  
manufactured coils.

**COILTEK®** OPTIMISING  
DISCOVERY  
[coiltek.com.au](http://coiltek.com.au)

## NUGGET FINDER COILS

*When You're Ready  
to Take Your  
Detecting to  
the Next Level*



Nugget Finder  
Advantage Coils offer improved stability and sensitivity.

- Fully potted winding
- Epoxy reinforced polyurethane shaft mount
- Superior Litz wire
- Fully bonded construction
- 2 year warranty



# Mosquitoes - What's the big buzz?



Hot and humid summers mean mosquitoes. And these pesky, annoying and biting insects spread more than just itchy welts – they can transmit painful and sometimes deadly diseases. This is more important for us as we visit the goldfields over summer especially when we have had a wet spring and summer, as we have had this year. The old goldfields diggers holes fill up with water and offer an abundant source of breeding places for the mosquito. We have notice the increase in mosquito numbers on some of the recent camps. Fortunately, the Xmas Camp at Moonambel saw few mosquitoes, probably because it was in a fairly dry area.

## What attracts Mosquitoes

**Exhaled Carbon Dioxide.** Mosquitoes hone in on a victim by following a steady output of carbon dioxide.

**Body Heat.** While carbon dioxide is how mosquitoes lock onto you as a target, heat may be how they figure out where to bite you. They have to find an area of the body where the blood is close to the surface.

**Exhaled Chemicals.** Mosquitoes are also attracted to naturally-occurring chemicals that are released as people breathe.

**Lactic Acid.** Mosquitoes can get drawn in by lactic acid, and people tend to produce more lactic acid when they're exercising.

## Mosquito-borne Disease

A mosquito-borne disease is a disease transmitted by mosquitoes to humans. Victoria has three significant mosquito-borne diseases: Ross River Virus disease, Barmah Forest Virus disease, Australian Arboencephalitis (Murray Valley encephalitis)

Ross River Virus disease and Barmah Forest Virus disease are endemic throughout parts of Victoria and cases are reported each year. These diseases can be debilitating but not fatal. In 2015, there were 301 reported cases of Ross River virus and 11 cases of Barmah Forest virus.

## Symptoms

### Ross River Virus Disease

Only about ten per cent of people infected with the disease actually develop symptoms. These may appear

within two to twenty days after a mosquito bite and include:

- Fatigue, headache and feeling unwell.
- Joint pains, particularly in the larger joints.
- A rash on the body and limbs.

Symptoms may persist for more than three months, and in rare cases for more than a year, and severe symptoms may prevent a person from undertaking their usual activities.

### Barmah Forest Virus Disease

The symptoms of Barmah Forest Virus disease are somewhat similar to those of Ross River Virus disease. However, some evidence suggests that in some cases the symptoms are less severe.

**Australian Arboencephalitis** occurs in northern Victoria in epidemics with the last outbreak recorded in 1974. This disease can be fatal.

### Precautions Against Mosquito-Borne Disease

There are simple measures you can take to protect yourself and your family against mosquito-borne disease so you can enjoy the summer.

Some important measures are to:

- Remember, mosquitoes are more active at dusk and dawn.
- Wear loose clothing including long sleeves, long pants, socks and a hat when outdoors to cover up and make it harder for the mosquito to bite you.
- Use insect repellents containing DEET, picaridin or IR3535. Some oil of lemon eucalyptus or para-menthane-diol products also provide protection.
- Use 'knockdown' sprays, coils and vaporising devices to kill mosquitoes.

### Safety in the Great Outdoors

- In tents and caravans or the outdoors, use mosquito netting.
- Enhanced protection can be provided if you treat nets with a repellent/insecticide.

**Sales - Service & Repairs - Metal Detector Hire - Gold Buyers**

**MINERS DEN** **Phone: 03 9873 1244**

**MELBOURNE**

**Au**

info@minersdenmelbourne.com.au

Part of the Miners Den Australia Network of Minelab Metal Detector Super Stores

**See us for ALL your prospecting needs**

Hours:

Mon - Fri 9:00 am to 5:00 pm

Sat 9:00 am to 12:00 pm

**Find Us Online**

[www.facebook.com/minersdenaustralia](https://www.facebook.com/minersdenaustralia)  
[www.twitter.com/minersdenaus](https://www.twitter.com/minersdenaus)  
[www.youtube.com/minersdenaustralia](https://www.youtube.com/minersdenaustralia)  
<https://plus.google.com/100251215682175092306>

**Shop 2 / 517 Whitehorse Road, Mitcham Vic**

[www.minersdenmelbourne.com.au](http://www.minersdenmelbourne.com.au)

Maps and directions for forthcoming  
camps are available to members  
only.



# Be Safe In The Sun

## Not just slip, slop, slap: Your summer guide to sunscreen

<http://www.abc.net.au/news/health/2016-11-17/summer-guide-to-sunscreen/8031134>



Australia has one of the highest rates of skin cancer in the world, and the importance of protecting your skin cannot be overestimated. Applying sunscreen blocks harmful UV rays from penetrating your skin and triggering skin disorders, cancers and other health problems. Here are some tips on how to do sunscreen right — and avoid rocking up to work, after a weekend in the sun, looking like lobster (we've all been there).

### How much sunscreen should I apply?

According to health experts, you should aim for one teaspoon of sunscreen per limb, one each for the front and back of the torso, and one for the face, neck and ears. That's a total of seven teaspoons (if you intend to be outside with just your bathers on).

### Skimping on sunscreen sells your skin short

If you think sunscreen doesn't work as well as it should, it might be that you're not using enough. The Cancer Council recommends using SPF30 (or higher) broad-spectrum, water-resistant sunscreen. You should apply sunscreen at least 20 minutes before going outdoors and re-apply every two hours. "Until you fill the skin so you've got a continuous film, you're not anywhere near fully protected. Once you've done that, the amount you put on top of that is going to give you the extra protection," Mr Staton says.

### What's the deal with SPF?

The sun protection factor (SPF) of a sunscreen refers to the length of time it takes for your skin to burn when you are in the sun while wearing sunscreen. Research, however, shows people typically use only 25 to 75 per cent of the amount used by testers in the process that determines the SPF number on the bottle. Since the protection factor varies with the amount of sunscreen applied, that means most users probably achieve a level of protection 20 to 50 per cent of that expected from the SPF on the label. A higher SPF is no bet-

ter unless it's applied correctly, so it's important to cover yourself with ample sunscreen, apply it early, ensure you don't miss any spots, and remember to reapply.

### When should I apply sunscreen?

Sunscreen should be applied during 'daily sun protection times' — when the sun's ultraviolet (UV) radiation reaches damaging levels of three and above. Unlike light or heat from the sun, UV radiation cannot be seen or felt, and we often don't know that it's damaged our skin until it's too late. The UV can be high even on cool or overcast days, so never rely on clear skies or high temperatures to work out whether you need to slip, slop, slap. Daily forecasts for when the UV Index is set to reach three or above can be found on the SunSmart app or via the Bureau of Meteorology.

### During sun protection times:

- Slip on sun protective clothing,
- Slop on SPF30 (or higher) broad-spectrum, water-resistant sunscreen
- Slap on a broad-brimmed hat
- Seek shade
- Slide on sunglasses



- Servicing Caravans, Campers and Motor Homes
- Insurance work including hail/storm damage quotes & repairs
- Air Conditioning & dedicated heating installations
- Sway control & ESC installations
- Refurbishments for older Caravans & Motor Homes

**Phone 9761 4189**

**Rear 120 Canterbury Road, Bayswater**

**[www.thervrepaircentre.com.au](http://www.thervrepaircentre.com.au)**

**[sales@thervrepaircentre.com.au](mailto:sales@thervrepaircentre.com.au)**